

EAST COLUMBIA 50+ CENTER

MARCH 2022



**6600 Cradlerock Way
Columbia, MD 21045
410-313-7680**

Center Email
eastcolumbia50@
howardcountymd.gov

**Monday– Tuesday
Thursday**

9am - 4:30pm

Wednesday

9am - 6pm

Friday

9am - 4pm

**50+ Center Hotline
410-313-5400**

Newsletters Online
www.howardcountymd.gov/eastcolumbia50

Volunteer Website
www.hocovolunteer.org

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March On!

Neither snow nor rain has limited the forward progress of our new center. We are dazzled with the daily changes in our landscape. In the coming months we hope to capture the excitement we observe and share it here.

It is not too early to start thinking about our opening day. Drop by, dream big and share your ideas. From your ideas, our future will flow.

Look for the dream box and scroll away!



Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Meridy McCague, Director

mmccague@howardcountymd.gov
410-313-7684

Ellen Brown, Assistant Director

ebrown@howardcountymd.gov
410-313-7685

Regina Joffe, Program Assistant, Digital Access Specialist

rjoffe@howardcountymd.gov
410-313-7682

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers.

Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the staff to assure that your membership is current. **Please inform the staff if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to

Howard County Director of

Finance. Online registration can be done via the ActiveNet website:

[http://apm.activecommunities.com/](http://apm.activecommunities.com/howardcounty)

howardcounty.

Account must be established prior to registering for class.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Would you like your newsletter delivered to your inbox?

Just right click below:

[https://visitor.r20.constantcontact.com/
manage/optin?
v=001_BS31v9uBHpl2tMLUbdwGVlv7eY
KcnSrI04XkPw6FipDpjD1ypeeIR3ULyzd
Uv94jSMSkmjNl2P-2H7jaBbgRr_ppPVM-
pPinwMkoI0TwZ0%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrI04XkPw6FipDpjD1ypeeIR3ULyzdUv94jSMSkmjNl2P-2H7jaBbgRr_ppPVM-pPinwMkoI0TwZ0%3D)

Note: Howard County does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

GENERAL INFORMATION & TAXES

Inclement Weather Policy

If Howard County Public Schools are delayed or closed, Glenwood 50+ Center and North Laurel 50+ Center, who operate in a Recreation & Parks facility, will operate as follows:



1 hour school delay - will strive to open at 9:30am.

2-hour school delay— will

strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

Schools closed— will strive to open by 10:30am. All classes and programs are canceled.

If Howard County Public Schools are delayed or closed, Bain, East Columbia, Elkridge and Ellicott City 50+ Centers (DCRS facilities) will operate as follows:

1-hour school delay— DCRS facilities will open on time

2-hour school delay— DCRS facilities will open on time. All classes and programs scheduled before 11am are canceled. Connections Program is canceled. No congregate meals are served.

Schools closed— DCRS facilities will strive to open on time. All classes and programs are canceled. Connections Social Day Program is canceled. No congregate meals are served.

In Howard County Public Schools cancel evening and weekend activities:

DCRS facilities will be closed for evening hours and classes canceled after 4:30pm. For weekend activities, DCRS facilities will strive to open at 10:30am. All classes and programs are canceled.

AARP Income Tax Preparation Starting Thursday February 3 thru 14 1pm to 6pm appointments

AARP and the IRS are sponsoring free Personal Federal and Maryland Income tax preparation. Appointments will be held in the Multi-purpose room at East Columbia 50+ on Thursdays. This service is by appointment only.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2020 state federal tax returns.
- ◆ Bring 2021 tax records with you.
- ◆ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message. Include your name and specify that you would like your appointment at the East Columbia 50+ Center. A scheduler will call you back to confirm the date and time. For all other tax questions, call AARP directly at **888-227-7669**. For those who would like to schedule an appointment on-line, Google **AARP Tax Aide Locator**

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF AND TAX PREPARERES ARE NOT AVAILABE TO ANSWER PHONE INQUIRIES.

MARCH AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Legal Aid Services Mondays 9am to 11:30am No appointment necessary	1 *10 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker	2 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate I \$ *4 Tai Chi Intermediate II \$ *5 Tai Chi advanced \$	3 9 Tai Chi Practice 10 Tai Chi Practice 10 Care Talks 11 Tai Chi Practice 12 Poker 1 AARP Tax Services 1 Chess	4 12 Pinochle 1 Bridge
7 9 Legal Aid Services 9 Tai Chi Practice 10 Movin Mondays \$ 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$	8 *10 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 6 Family Law	9 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate I \$ *4 Tai Chi Intermediate II \$ *5 Tai Chi advanced \$	10 9 Tai Chi Practice 10 Nutrition Consultation By appointment 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 AARP Tax Services 1 Chess	11 10 Art Drop 12 Pinochle 1 Bridge
14 9 Legal Aid Services 9 Tai Chi Practice 10 Movin Mondays \$ 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$	15 *10 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 6 Family Law	16 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate I \$ *4 Tai Chi Intermediate II \$ *5 Tai Chi Advanced \$	17 9 Tai Chi Practice 10 Tai Practice 10 Skin Cancer Presentation 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 AARP Tax Services 1 Chess	18 12 Pinochle 1 Bridge
21 9 Legal Aid Services 9 Tai Chi Practice 10 Movin Mondays \$ 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$	22 *10 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2 Fresh Conversations 7 Language Cafe	23 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate I \$ *4 Tai Chi Intermediate II \$ *5 Tai Chi Advanced \$	24 9 Tai Chi Practice 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 AARP Tax Services 1 Chess	25 1 Art Drop 12 Pinochle 1 Bridge
28 9 Legal Aid Services 9 Tai Chi Practice 10 Movin Mondays \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$	29 *10 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2 Clutter Busters	30 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate I \$ *4 Tai Chi Intermediate II \$ *5 Tai Chi Advanced \$	31 9 Tai Chi Practice 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Tax Services 1 Chess	Key *Outdoor Class **Hybrid live and Virtually ***Streaming

ONGOING PROGRAMS

Chinese Brush Stroke Painting

Mondays, 1:30pm

Cost: \$89 (Feb 7 to March 28)

The characteristic of the brush stroke painting are to use realistic techniques to depict an object's natural harmony while providing room for the viewer's imagination.

(no experience required) #A04418.600

Color with Us

Tuesdays, 10am

Adult Coloring

No talent or prior experience, just good conversation, relaxation in a stress free place.

Sew Who Cares

Tuesdays, 12pm

Join this fun creative social group who gets together and share their passion for crocheting, knitting, sewing and other needlecraft skills.

CARDS & GAMES (Drop In)

- ♦ Mahjong, Monday 12pm
(intermediate/advanced)
- ♦ Poker, Tuesday/Thursday 12pm
- ♦ Bid Whist, Wednesday 2pm
- ♦ Chess, Thursday 1pm
- ♦ Pinochle, Friday 12pm
- ♦ Bridge, Friday 1pm



Nutrition Consultation

Thursday, March 10

10am to 12pm

Sign up for 1/2 hour consultations

Nutrition Consultation with dietician
Carmen Roberts, RD, LDN
by appointment

World Language Café

Tuesday, March 22, 7pm

Every 4th Tuesday of the month.

Converse in a friendly atmosphere, meet new people, increase your fluency by speaking and listening while picking up useful phrases to use when traveling.

**Streaming on WebEx
Hosted/Presented
by East Columbia 50+ Staff**

***National Park Series

Badlands: Bison Banquet

Tuesday, March 1, 2pm

Meeting #2303 428 1882

Password New50+

***National Park Series

Homestead National Historical Site

Tuesday, March 15, 2pm

Meeting #2303 550 6709

Password New50+

***National Park Series

B & O Railroad Museum

Irish American Impact

Friday, March 18, 2pm

Meeting# 2308 936 3088

Password New50+

***Name That Tune

Salute to Women Artist

Friday, March 25, 2pm

Meeting# 2308 764 5432

Password New 50+

EVENTS & PROGRAMS

Fresh Conversations

with Karen Basinger

Tuesday, March 22, 2pm

Join the conversation as Karen talks about: Fueling your independence with protein; why do adults need more protein; explore healthy choices to provide protein in your diet.

“Skin Cancer Detection Starts With You”

Thursday, March 17, 10:00am

“You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional.”



Seasoned Sisters Group
Wednesdays 12pm
(weekly)
Led by a trained
facilitator.

Come laugh, learn, and grow with other women in a welcoming setting to uplift and create connections. Discussions focus on sharing life lessons and the joys of being seasoned.

“Care Talks”

The Caregiver Support Program will be at East Columbia 50+ on Thursday, March 3 from 10am-12pm for in-person meetings with caregivers offering information and resources to assist you in their journey.

Please contact Earnestine Thomas

At 410-313-5969 or

ethomas@howardcountymd.gov.

Clutter Busters

Tuesday, March 29, 2pm

Zero waste is a set of principles focused on waste prevention that encourages the redesign of resource life cycles so that all products are reused. The goal is for no trash to be sent to landfills, incinerators or the ocean.

Join us to learn how!

Please call to register for events and programs 410-313-7680.



Family Law Assistance
Tuesdays, March 8 & 15
6pm

By Appointment Only

410-313-2135 or 410-313-2225

CENTER CLOSURE

FRIDAY, April 15, Good Friday

EXERCISE AND FITNESS

Movin' Mondays

Mondays, 10am

Cost: \$38 (Feb 7 to March 28)

Get your week off to a great start with some low-impact cardio; Muscle conditioning; agility and balance work; and finish up with stretching! #A04400.600

Soul Line Dance Beginner/Intermediate

Mondays, 3pm,

Cost: \$38 (Feb 7 to March 28)

Be inspired by soul music and creative and challenging moves. Dance your way to a fitter "you" #A04409.600

Yoga

Mondays, 12pm

Cost: \$45 (Feb 7 to March 28)

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentrations, clarity, and overall health. #A04401.600

Chair Yoga

Tuesdays 11am

Cost: \$48 (Feb 1 to March 20)

In this gentle class, yoga poses are done seated or standing using the chair as a prop for support. Benefits include: greater flexibility, improved strength, energy, concentration, clarity, and overall health. #A04408.600

***Qi Gong Practice, Tuesday, 10am, Cost: Free**

Qi Gong is the art and science of using breathing techniques, gentle movement, and meditation cleanse, strengthen, and circulate the life energy.

Note: Class is held outside, No experience necessary.

***Tai Chi Wednesdays**

***Beginner II, 9am** #A04403.600

***Beginner I, 10am** #A04404.600

Cost: \$53 (March 2 to 30)

Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration.

***Intermediate I, 4pm** #A04405.600

***Intermediate II, 3pm** #A04406.600

Cost: \$53 (March 2 to 30)

Intermediate Tai Chi focuses on balance in the body, mind, and spirit. Swords are incorporated in this Tai Chi practice.

***Advanced 5pm** #A04413.600

Cost: \$53 (March 2 to 30)

Advance Tai Chi focuses on balance in the body, mind and spirit. Swords and fans are incorporated in this Tai Chi practice.

***Tai Chi classes are held outdoors weather permitting.**